

CalFresh Healthy Living, UC Town Hall: Agenda

- Persuasive Storytelling: Make your Presentation TED Worthy
- Supporting School Districts During COVID-19: Launching A Community of Practice
- Quick Tips: Transitioning Between Work Time and Personal Time
- Making a Difference – San Joaquin County
- State Office Updates

April 21, 2020

Supporting School Districts During COVID-19:

Launching A Community of Practice

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ECOLITERACY**

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CALIFORNIA FOOD FOR CALIFORNIA KIDS[®]

California Food for California Kids is an initiative of the Center for Ecoliteracy



safety precautions

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NOVEL CORONAVIRUS DISEASE 2019 (COVID-19)

School Food Service Safety Precautions

for
SCHOOL NUTRITION PROGRAMS



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Face Mask Safety Precautions

COVID-19 BASICS for SCHOOL NUTRITION PROGRAMS



A Collaborative Resource from
Center for EcoLiteracy, LunchAssist
and Eat REAL.

Putting on a Mask is as Easy as... 1, 2, 3!



Step 1:

Clean hands for 20 seconds with soap and water or hand sanitizer.



Step 2:

Inspect the mask and check that it is clean and there are no tears or holes. Determine which side of the mask is the top, and which side is the front.



Step 3:

Masks with ear loops: Hold by the ear loops and place around each ear.

Masks with ties: Hold by the ties. Bring the mask to nose level. Secure ties with a bow behind your head.

Masks with bands: Pull the straps over your head and secure comfortably.



Do not touch mask while wearing it, even when talking to others. If you do, wash or sanitize hands and change gloves.

Tip: Make sure masks are fitted over your face and nose with no gaps between your face and mask.

REMOVING YOUR MASK

Clean hands before removing and do not touch the front of your mask.

Masks with ear loops: Hold both ear loops and gently lift and remove mask.

Masks with ties: Untie bottom bow first then untie top bow and pull mask away from you.

Masks with bands: Remove bottom band first then the top band and pull mask away from you.

This is unofficial guidance based on best practices as of 4/1/20 for using face masks in school nutrition settings.

Updated April 3, 2020 ©LunchAssist 2020. For more information go to www.lunchassist.org

School Food Service Safety Precautions

COVID-19 BASICS for SCHOOL NUTRITION PROGRAMS



A Collaborative Resource from
Center for EcoLiteracy & LunchAssist

With Expert Guidance from
School Meals That Rock

STAY 6' APART

- Stay 6-feet apart from others, including coworkers and families.
- Set up prep stations, work areas, carts, and tables so that people can stay 6 feet apart.
- Educate families and staff about social distancing through signs and social media.



HYGIENE HABITS

- Wash hands frequently.
- Sanitize hands when hand washing is not possible.
- Wear disposable gloves and change them frequently.
- Wear aprons that are single-use or laundered daily.
- Clean and sanitize high-touch surfaces regularly.
- If you choose to wear a mask, you must know how to use it properly:
 - Wear masks that are single-use or sanitized daily.
 - DO NOT use medical-grade masks, save them for healthcare workers.

Practice no contact hand-offs. When you give food to families, don't touch or reach into vehicles, or make physical contact with others.
- Eat REAL

POINT OF SERVICE

- Serve meals outdoors, if not possible, serve meals at the entrance of a building.
- Use traffic cones or tape to space people 6-feet apart.
- Arrange separate tables or carts for food staging and food pickup. Space them more than 6-feet apart.
- Transfer only enough meals for one family to the pick-up station.
- For drive-thru meals, use a cart or a tray to pass meals to families. Practice no contact hand-offs.



Updated March 24, 2020 ©LunchAssist 2020. For more information go to www.lunchassist.org

WEAR A
MASK



LIKE A PRO



0:01 / 1:22



launching a
community of practice

Community of Practice Call

COVID-19 Emergency Food Service

Every Thursday at 9 AM PDT

Register here: <https://zoom.us/meeting/register/upYtde-ugTlp5W3YWMxHDzNjEWcAj6n7Fg>

Jen McNeil

Founder, LunchAssist

Mickinzie Lopez

Administrative Dietitian, LunchAssist



Leyla Marandi

Program Manager, Center for Ecoliteracy



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policy work

thank you!

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PA Break

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Quick Tips: Transitioning Between Work Time and Personal Time

- **Starting Routine**
 - Mr. Rogers - “It’s a beautiful day in the neighborhood”
- **Make a plan for the day**
 - What will you try to get accomplished and when
- **Prioritize your communication**
 - Limit distractions whenever possible
- **Set a wrap-up routine**
 - Take 30min to *truly* end work

Coming home from work when you work from home

Self-care 101 – Ask yourself, “**What do I need?**”

"To help and support others, we must become dedicated caretakers of ourselves." - Unknown

- **Physical** – exercise, sleep,
- **Mental** – meditating, growing spiritually, doing yoga, puzzles, read
- **Social** – stay connected to friends and family using video conferencing when possible. A smile goes a long way!



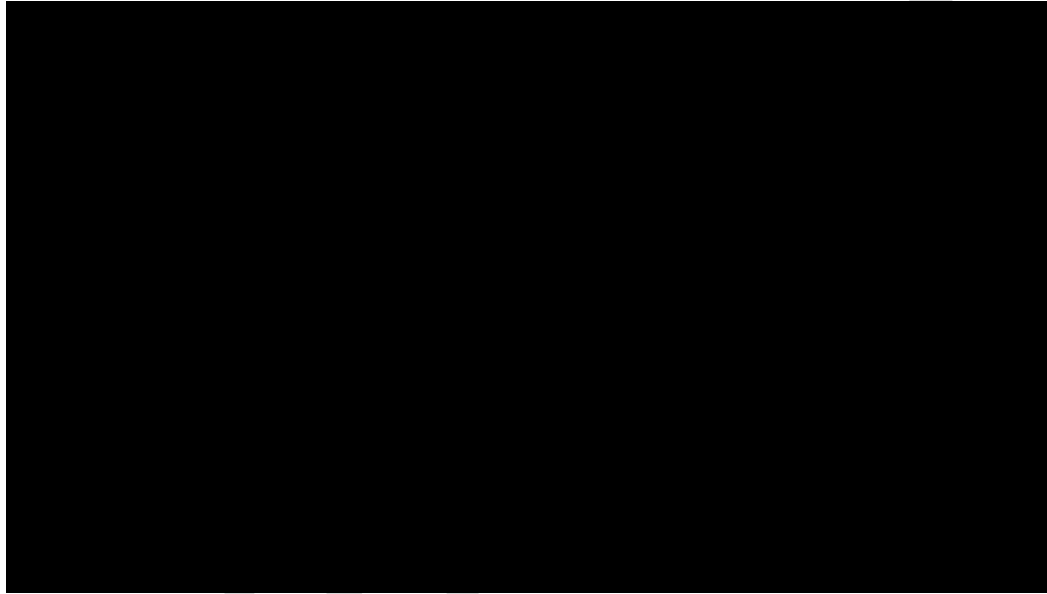
ZOOMERCIZE

Monday, Wednesday and Friday
12:30pm - 1pm

Schedule and video links can be found here:

https://docs.google.com/spreadsheets/d/1fMmHcy_BV-2EEAcYM73x2iat7eCbw2oxWzAq0r3_3hE/edit#gid=0

Making a Difference-Video Clip



<https://youtu.be/WiMthx6wP8o>



State Office Updates

Reporting COVID19 Impact in PEARS

Please chat in your questions

- **Program Activities (DE):** *Participants are **actively engaged**.*
*For multimedia platforms there must be an **interactive** component*
 - **Live** webinar with **Interactive** Component
 - PowerPoint with **Interactive** component
 - **Interactive** Media: Multimedia product that provides an individualized educational experience based on a participant's input
 - An example of this would be EatFresh.org Mini-Course

Reporting COVID19 Impact in PEARS

Please chat in your questions

- **Indirect Activities:** *Distribution or display of information and resources, including any mass communications, ...which involve **no participant interaction** with an instructor or multimedia.*
 - **Recorded** video/webinar
 - Handouts/ workbooks **emailed** out or **posted** online
 - Educational materials **posted** online

New PEARS Field COVID-19 Impact

Please chat in your questions

- New due to COVID-19
- Postponed due to COVID-19
- Modified due to COVID-19
- Cancelled / not completed due to COVID-19

Questions:

Program (DE) & Indirect Activities: Jennifer Quigley – jaquigley@ucdavis.edu

PSE Activities: Angie Keihner – akeihner@ucdavis.edu

Partnerships & Coalitions: Barbara Mknelly – bmknelly@ucdavis.edu

Evaluation Updates

- Mid-year check-in calls with each county/cluster leadership teams (advisors/supervisors) – this week and next
- New FBC + PA (Adult Physical Activity Survey) in PEARS for UCCE Connects2U
- Adding Spanish version of surveys to PEARS
 - Adult demographic
 - PSSC pre/post
- Adding EatFresh.org Mini-Course evaluation surveys to adult IRB protocol

EatFresh.org Mini Course Training

Training date coming soon!

EatFresh.org Mini Course

Healthy eating doesn't have to be confusing!

Take the free EatFresh.org Mini Course to boost your nutrition, cooking, and healthy living knowledge. Each self-paced topic takes 5-10 minutes to complete.

Learn how to:

- Eat healthy
- Save money
- Cook easy, tasty meals

[START/CONTINUE THIS FREE COURSE](#)



FNS SNAP-Ed COVID-19 Guidance

- Shared to all staff via email on 4/20
- Posted to CDSS SharePoint in a new section titled *COVID-19 Guidance and Resources* on the [CDSS Resources webpage](#).
- Includes guidance on allowable and unallowable activities for staff

Thank you!

Next Town Hall: May 19, 2020



Image Source: [Gellinger](#) via Pixabay/ CC0